

Herbs and spices are good for you! The National Cancer Institute recommends spicing up food with garlic, onions, and various herbs - here is why:

A daily dose of garlic may:

- lower blood pressure
- reduce cholesterol levels
- help fight infections

Onions as part of your regular diet may:

- reduce the risk of heart attacks
- help prevent certain cancers

Basil, tarragon, cilantro, and chives all contain antioxidants that may help prevent certain cancers.

For more information about why herbs are good for you, visit:
<http://www.cancer.gov/search/results.aspx>



Try growing your own herbs at home and reap even more benefits!

Growing herbs at home is not only cost-effective, but herbs from your garden are fresher and healthier.

Herbs that grow well in South Carolina include:

- | | |
|---------|----------|
| basil | parsley |
| chives | rosemary |
| dill | sage |
| mint | tarragon |
| oregano | thyme |

For more information about growing your own herbs visit:
<http://hgic.clemson.edu>



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Season
Without
Salt

Spice it up and
taste the benefits



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For Meat, Poultry, Fish and Eggs	
Beef	bay leaf, green pepper, fresh garlic, marjoram, mushrooms, nutmeg, onion, sage or thyme
Chicken	chili powder, cranberries, dry mustard, garlic, mushrooms, paprika, parsley, poultry seasoning, sage, tarragon or thyme
Pork	garlic, marjoram, onion, oregano, pepper, rosemary, sage or thyme
Veal	basil, bay leaf, curry powder, ginger, marjoram, mint, oregano, paprika, rosemary, sage or tarragon
Fish	bay leaf, curry powder, dry mustard, green pepper, lemon juice, marjoram, mint, mushrooms, paprika, pepper, sage, tarragon or thyme
Eggs	basil, dry mustard, green pepper, marjoram, mushrooms, onion, paprika, parsley, rosemary or thyme

For Vegetables	
Asparagus	lemon juice, onion or pepper
Beets	cloves, ginger, lemon juice, tarragon or thyme
Broccoli	lemon juice, oregano or pepper
Carrots	cinnamon, ginger, marjoram, mint, nutmeg, parsley, sage or thyme
Cabbage	fennel, marjoram, mint, nutmeg, oregano, pepper, or tarragon
Green Beans	dill seed, lemon juice, marjoram, mint, nutmeg, oregano, rosemary, tarragon or thyme
Eggplant	basil, garlic, onion, sage, thyme or oregano
Onions	basil, sage, thyme or rosemary
Peas	green pepper, marjoram, onion, rosemary, sage or thyme
Potatoes	basil, chives, green pepper, mint, onion, parsley, paprika, rosemary, or thyme
Spinach	garlic, lemon juice or onion
Squash	basil, cinnamon, garlic, ginger, nutmeg, onion, or rosemary
Tomatoes	basil, bay leaf, marjoram, onion, oregano, sage or thyme

Use combinations of dried herbs to create your favorite flavors.	
For each of these recipes: blend all ingredients together and place in a glass jar. Cover tightly and store in a cool dry place. Use in place of salt in your favorite recipes.	
Mexican Blend™ ½ teaspoon garlic powder ½ teaspoon onion powder ½ teaspoon ground cumin 1 teaspoon ground coriander ¼ teaspoon ground red pepper ½ teaspoon chili powder ½ teaspoon cilantro	Mediterranean Blend™ ½ teaspoon garlic powder ½ teaspoon onion powder ½ teaspoon ground cumin 1 teaspoon ground coriander ¼ teaspoon ground red pepper 1 teaspoon oregano leaves ½ teaspoon thyme leaves
Thai Blend™ ½ teaspoon garlic powder ½ teaspoon onion powder ½ teaspoon ground cumin 1 teaspoon ground coriander ¼ teaspoon ground red pepper ½ teaspoon ground ginger ⅛ teaspoon ground cinnamon	Table Shake™ ½ teaspoon garlic powder 1½ teaspoon dry mustard 1½ teaspoon basil leaves ½ teaspoon ground celery seed ½ teaspoon paprika ½ teaspoon chili powder
Special thanks to McCormick / Shilling for recipes on this page.	

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Chicken	chili powder, cranberries, dry mustard, garlic, mushrooms, paprika, parsley, poultry seasoning, sage, tarragon or thyme
Pork	garlic, marjoram, onion, oregano, pepper, rosemary, sage or thyme
Veal	basil, bay leaf, curry powder, ginger, marjoram, mint, oregano, paprika, rosemary, sage or tarragon
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For Vegetables	
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